

August 2016

Senior Health and Wellness Newsletter

Kentucky Department for Aging and Independent Living



Vaccinations—They are not just for children

When you think about vaccinations, often you think about being a child and getting numerous vaccinations. Many adult illnesses can be prevented with a very quick vaccination. One million Americans are diagnosed with Shingles every year and about half of them are age 60 or older. Additionally, over 60% of seasonal Influenza related hospitalizations occur in people age 65 and older.

Based upon your age, it may be recommended that you receive certain vaccinations. As you get older, your immune system weakens. When your immune system weakens, it can put you at risk for certain diseases. However, regardless of age, all adults need immunizations to help prevent getting and spreading serious disease that could result in poor health, missed work, medical bills, and not being able to care for themselves or their family. Certain jobs, lifestyle, travel, and health conditions may also put you at risk for a vaccine-preventable disease.



The following health conditions put you in a higher risk of needing a vaccination.

- Asplenia (absence of normal spleen function)
- Diabetes Type 1 and Type 2
- Heart Disease, Stroke, or Other Cardiovascular disease
- HIV Infection
- Liver Disease
- Lung Disease including Asthma
- Renal Disease
- Weakened Immune Systems

Continue on back-

What Vaccinations Do You Need?

Pneumococcal Vaccines protect against 23 types of pneumococcal bacteria in the lungs and bloodstream. It is recommended that adults age 65 and older, and adults younger than 65 who have chronic health conditions, receive this vaccination. Most people only need one dose of the vaccine, but a second dose is recommended for high-risk groups. You should also receive a second vaccine if you received your Pneumococcal Vaccine prior to age 65.

Zoster Vaccine protects against Shingles and it is recommended for all adults 60 years or older. Shingles is a painful skin rash that develops on one side of the face or body. Your risk for Shingles and long-term pain from the disease increases as you age. Even if you have had Shingles, you can still receive the vaccine to prevent future occurrences of the disease. **This is a one-time vaccination.** However, if you get the vaccine prior to age 60, you may not be covered later in life.

References:

<http://www.cdc.gov/vaccines/adults/rec-vac/index.html>

<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6125a4.htm>

<http://www.cdc.gov/vaccines/hcp/vis/vis-statements/ppv.html>

Influenza Vaccine is recommended to avoid or lessen the symptoms of the Influenza Virus. It is recommended for all adults and is available by shot or nasal spray. It is especially important to get the vaccine if you or someone you live with is at high risk of complications from Influenza. You can receive a flu shot every 6 months where the vaccine is available.

TD or TDAP Vaccine is for tetanus, diphtheria, and pertussis. This vaccine is recommended if an adult age 65 and older are in close contact with an infant.

CONTACT YOUR PHYSICIAN TO DISCUSS VACCINATIONS AVAILABLE



Kentucky Cabinet for Health and Family Services Department for Aging and Independent Living

275 East Main Street 3E-E
Frankfort Kentucky 40621
Phone: 502-564-6930

<http://chfs.ky.gov/dail/default.htm>